



Dracut Council on Aging Newsletter

JANUARY 2014

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442

Editor, Joyce H. Shadan

Website: **www.dracut-ma.us**

E-Mail: **councilonaging@dracut-ma.us**

We're at the start of a new year, the traditional time for resolutions and pledges of making changes in our lives. We can sometimes be a little hard on ourselves when thinking of ways to make ourselves who we wish we could be. This can be taunting and unrealistic. And as the saying goes nobody is perfect. That being said we can do a little at a time. Taking small steps in our pursuits can be very effective. The first step is to treat yourself as you would someone you love. Having patience, compassion and understanding will serve you well. Remember time flies and before you know it you have accomplished your quest. For many of us we desire a healthier or active lifestyle and the Council on Aging is a good place to start. We offer many classes; programs and events to assist you and you may do so at your own pace. While you're here you may socialize, have lunch, breakfast, visit our library, shop in our thrift shop, volunteer take a quick trip and just pass the time with friends. There is something for everyone, Billiards, movies, computer class, art class, Reiki and so much more.

My monthly coffee hour will be on Thursday the 30th at 10am, please join me for an informative and fun conversation. The Veteran's Breakfast is on Tuesday the 28th at 9am, sponsored by the Lowell Veteran's Council. The MVNP special meal will also be served on the 28th at 11:30. A lunch of a roast beef sandwich with soup and cheesecake for a suggested donation of \$2. Please reserve two days in advance

We will be taking appointments this month for AARP income tax preparation which will begin in February. For those of you who applied for the Senior Citizens Property Tax Work off Program, you will be notified this month. We are still taking applications for the program, please see inside this issue for more information.

As we head into the winter months, please remember if the schools are closed in Dracut due to bad weather please listen to WCAP @980AM to hear about the senior center closings.

This month we will have our Friday's quick trips and the movies of the month will be on Tuesday the 14th at noon.

Please join us as we ring in the New Year at the Dracut Council on Aging, Dracut Center for Healthy Aging.

HAPPY NEW YEAR!!!!

Joyce Shadan

COUNCIL ON AGING STAFF

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Joyce H. Shadan,
Executive Director
Judy Gilbert, *Social Services*
Volunteer Coordinator
Donna Houston
Outreach Coordinator
Pat Cahill
Clerk/Bookkeeper
Alma Reeves,
Administrative Assistant
Anita Chartier, *Bus Driver*
Russ Lahaise, *Bus Driver*
Charlene Bennett, *Bus Driver*
Gertrude Frechette, *Custodian*
Bob Houston, *Custodian*
Monica Gagne, *Greeter, CTI*

NUTRITION PROGRAM

Debra Lasorsa, *Site Manager*
Donna Campbell, *Site Aide*

COUNCIL ON AGING BOARD

Pat Merrill, *Chairperson*
Ann Casey, *Vice Chairperson*
Mary Jo Sudol, *Treasurer*
Renee Espinola, *Secretary*

MEMBERS

William O'Neill
Chet Pater
Gerald Surprenant
Lt. Mike Fleury
Louis Darvirris
Omer Matte

Senior Center Hours
Monday through Friday
8:00 am to 4:00 pm
Second and Fourth
Monday open till 6pm

Happy New Year! May you all be blessed with good health and much happiness! Our Center prides itself on being there to assist the seniors of Dracut with the many issues that affect our elderly. There is always someone here who will take the time to help you. So please call us or better yet, come to the center. Don't have transportation? We can take care of that for you too, just call us to reserve a ride on our bus. Hope to see you soon!

Donna Houston, Outreach Coordinator

"No matter how big the government gets, and no matter how many services it provides, it can never take place of volunteers." :Ronald Reagan We are very grateful for all our volunteers and for all they do each day. They help make the center what it is today.

A Happy and Healthy New Year wish to all

Judy Gilbert , Social Services/ Volunteer Coordinator

MERRIMACK VALLEY NUTRITION

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least **THREE MORNINGS** in advance by calling Debbie Lasorsa between 9:00 am and 12:30 pm. at 978-957-2611. Meals are served at the center at 11:30 am. \$2.00 donation. **Meals on Wheels** are available to eligible homebound seniors Monday thru Friday. **Call 1-800-892-0890** ask for meal on wheels. **Driver's urgently needed for the Meals on Wheels Program.** Training will be given to drivers on each route. A stipend is given to drivers. Total time involved is between 1 & 1 1/2 hours. Please stop by the center or call **Debbie at A NEW PHONE NUMBER—978-957-2611**

Dracut Senior Center

NEW: Extended Hours . The second and fourth Monday of each month open till 6pm.

Jan.13 & 27th

Learn more about our programs, services and events. Get information on SHINE, Transportation, Food Stamps, Needy Meds, File of Life, 911 Applications, Medical Equipment Loan Program, Meals on Wheels. Fuel Assistance, AARP Tax Prep, COA Library. Other general information and volunteer opportunities. Call Donna Houston for appointment at 978-957-2611

**SEEKING SUBSTITUTE DRIVER FOR
DRACUT COUNCIL ON AGING
Contact William Zounes, Human Resource**

978-453-9492 humanresources@dracut-ma.us

TRANSPORTATION PROGRAM

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social day-care, hair salons, barber shops, quick trips, CVS, Wal-mart*, banking, nursing home visits & other locations. The fare is \$1 each way and **bus ticket for 20 rides are \$18. You may purchase bus ticket from bus driver.** Quick trips are \$3.00 round trip.

MEDICAL APPOINTMENTS

Monday through Friday 9AM to 2PM

Lowell \$2.00 each way; Dracut \$1.00 each way

Tewksbury, Harvard Vanguard, Research Place, Lowell VA & Village Square Chelmsford -\$3.00 one way; \$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only**

Everyone must be picked up before 2PM

Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment.

VOLUNTEER PROGRAMS

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities. Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. FGP Foster Grandparent Program, volunteer in schools, daycare and Head Start facilities and after school programs. They work with children who need extra help and attention to thrive and succeed. Dracut public schools would like to have more FGP volunteers in their classes. Learn about opportunities and benefits with CTI's volunteer program. **Please call Judy Gilbert at 978-957-2611 or stop by the center.**

ALTERNATIVE FORMATS: To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc.), please contact A.D.A. Officer William Zounes at 978-453-9492

SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available **on Wed. Jan.8th & Jan.22nd** Please make your appointment at the office by calling. 978-957-2611

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

Health Clinics

Dracut Council on Aging 951 Mammoth Road

Nancy Harding, RN from the VNA
Every Thursday from 1:30-3:45PM,
blood pressure checks, weight monitoring and personal
consultation. **Blood sugar testing (3rd Thursday at
2:30 pm) for known Diabetics.** 100% OF ALL DONATIONS
GO TO THE VNA FOR THE ENHANCEMENT OF VNA SER-
VICES.



DRACUT SENIOR CITIZEN'S CLUB

The Dracut Senior Citizen's Club is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join., Stop by the Dracut COA every Tues. @ 9:30—11:00 and every Thurs. @ 9:30—12:45 for a membership. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise note. **Meetings: Wed. Jan. 8th and Wed. Jan.22nd**

A bingo game is held right after the meeting.

Annual dues are \$2.00 payable on meeting days.

Please call Mary Rowe for more info @ 978-697-6605

THE FREE NEEDY MEDS DRUG DISCOUNT CARD

Save up to 80% on prescriptions

*No fees or registration

*No financial, age or residency restrictions

*Cannot be used with insurance

See or call Donna Houston at 978-957-2611

Or on line @www.needymeds.org. Download, print, clip
and save.

Second Hand Rose

Thrift Shop - Open Daily

Dracut Council on Aging

951 Mammoth Road

Donations of new or gently used, clean
items arrive almost every day and are
greatly appreciated.

General Public Welcome

All proceeds benefit the Friends of the
Dracut Elderly, Inc.

FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan

Treasurer, Pat Cahill

Clerk, Barbara Dickinson

Member, Judy Fuller

Member, Linda Bloomgren

The Friends are a fundraising group for the sole purpose of the Dracut Council on Aging. They supplement the cost for classes such as the Art class, Energetics, Tai Chi & Computer class. They purchase supplies for the senior center such as paper goods, decorations, furniture, wall décor, curtains & whatever is needed. All volunteer events & parties & the Director's Coffee hour are sponsored by the Friends such as gifts, food & entertainment. Part of their mission is help for seniors in the community who are in need. They raise funds through "second hand rose" thrift shop & various basket raffles etc. Anyone who wishes to be a sponsor may do so at anytime. A \$3.00 donation or any amount is appreciated. We hope you will take this opportunity to join the Friends or renew your annual membership.

THANK YOU TO

The Lowell Veterans Council for sponsor-
ing the January Veterans Breakfast.

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		HAPPY NEW YEAR CLOSED FOR THE HOLIDAY	8:30-9.....Free Breakfast 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 9:00.Walmart & Dracut House of Pizza 12:00.....Cribbage 1:00.....Reiki
6	7	8	9	10
8:30-9.....Free Breakfast 10:00.....Bone Builders 1:00.....Bingo 1:00.....Reiki Center Open Till 6:00	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30...Bone Builders 12:00..Movie (The Heat) 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 9-11Beginners Computer\ 9:30.....Shine 10-11.....Bone Builders 10:00-11:00.....Tai Chi 1-2.....Bone Builders 1:00.....Senior Citizen's Club Meeting 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:30.....Shine 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 9:00...Christmas Tree & Bug-a -boo 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
13	14	15	16	17
8:30-9.....Free Breakfast 10:00.....Bone Builders 10-12.Affordable Hearing Screening Hearing 1:00.....Bingo 1:00.....Reiki Center Open Till 6:00	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30.....Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 1-2.....Bone Builders 1:00.....Reiki 2:30..Dracut COA Board Metting	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9:00.....Line Dancing 9:00..Rockingham Mall & Dimitriou's 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
20	21	22	23	24
MARTIN LUTHER KING, JR. DAY CENTER IS CLOSED	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30.....Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 9-11Beginners Computer 9:30.....Shine 10-11.....Bone Builders 1:00...Senior Citizen's Club Meeting 1-2.....Bone Builders 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:30.....Bone Builder 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9:00.....Line Dancing 9:00.....Kmart & Weathervane in Salem N.H. 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
27	28	29	30	31
8:30-9.....Free Breakfast 10:30.Rep.Colleen Garry Office Hours 1:00.....Bingo 1:00.....Reiki	8:30-9.....Free Breakfast 9:00...Veterans Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30.....Bone Builders 11:30...MVNP Site Meal 12:30.....Knit & Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 1-2.....Bone Builders 1:00.....Reiki	8:30-9.....Free Breakfast 10:00..Coffee w/ Director 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9:00.....Line Dancing 9:00..Home Goods & "99" in Derry N.H. 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki



Groups - Classes - Events



Groups Classes

BEGINNER'S COMPUTING

With Pat Merrill

Jan. 8, 15, 22 & 29th

Wednesdays 9:00-11:00

\$15.00 for 8 Week Course

ENERGETICS

With Elaine Corsetti

Jan. 7—Jan. 30th

Tuesdays & Thursdays

9:00 –10:00

\$20.00 per session

TAI CHI

With Connie Rock

Jan. 8 –Feb. 12th

10:00—11:00

\$35 for Six Week Course

ART CLASS

With Stella Pappas

Jan. 7 - Feb. 25th

Tuesdays at 9:00 am to 11:00 am

\$40.00 per 8 week session

Sponsored in part by a grant from the Dracut Cultural Council

BONE BUILDERS

FREE

Helps increase endurance & strength with activities to improve balance & to prevent falls. Warm up exercises, stretching. Class uses weights.

You work out at your own pace.

10:00-11:00 Mondays & Wednesdays

10:30-11:30 Tuesdays & Thursdays

1:00-2:00 Wednesdays & Fridays

Please call Judy Gilbert for any info on any of the classes. @ 978-957-2611

Lift Your Spirits

REIKI

Appointments are 1:00 & 3:00pm

each session is 40 minutes

\$3.00 a session

Reiki is an ancient touch therapy technique that compliments traditional pain therapies.

Reiki has a positive effect on all forms of illness from minor to chronic conditions such as arthritis, fibromyalgia and other pain syndromes. It helps alleviate the negative effects of chemotherapy, post operative pain, depression as well as improving the healing rate.

Please call the Center to make an appointment.

@ 978-957-2611

NOTE: PLEASE PAY FOR CLASSES WITH

A CHECK MADE OUT TO:

The Friend's of The Dracut Elderly, Inc.

Bowlers Needed

Small candlepins Bowling @Park Lanes in Windham, NH Fridays at 9AM. \$12.00 includes bowling and all banquets. **Call the COA office at 978-957-2611**

BEGINNERS LINE DANCING

With Marcella Groulx

Every Friday @ 9:00—10:00 am \$2 a class

Library News

DCOA Librarian: Ruth Chappas

The DCOA Library has a magnifier for enlarging print. The magnifier is available during Center hrs.

M.G. Parker Memorial Library

Library delivery to the homebound. Call **978-454-5474** for more info **www.dracutLibrary.org**

LEGACIES VOLUME IX ANTHOLOGY

Are available at the senior center for **\$3.00**

In Memoriam, Friends of the Dracut Elderly, Inc. memorial cards are available at the center.

UP COMING EVENTS IN JANUARY

FREE BREAKFAST PROGRAM:

Oatmeal, Fruity muffin, Orange Smoothie. Cost is 50. for milk. **Mon.—Fri. at 8:30 Call Judy**

Affordable Hearing, Monday Jan.13th 10 –12pm

Free hearing screening, evaluations, hearing and maintenance and cleaning, minor hearing aid repairs. Please call for appointment at **978-957-2611**

DINNER & MOVIE

Tuesday Jan. 14th

Dinner: At 11:30– American Chop Suey. **Call Debbie at New # 978-957-2611 THREE DAYS** in advance to reserve your dinner. \$2 donation is suggested.

MOVIE:12Noon– The Heat Rated R Strong Adult Language. Action, Comedy **Staring:** Sandra Bullock & Melissa McCarty

Popcorn & Drinks Served

Representative Colleen Garry
office hours **Monday Jan. 27th at 10:30 am**

MVNP Site Special

Tuesday January 28, at 11:30

Roast beef & cheese sandwich, Italian wedding soup, garden salad w/shredded cheese, croutons and ranch dressing. Cheese cake for dessert.

Call Debbie at **978-957-2611 THREE DAYS** in advanced to reserve your dinner. **\$2 donation is suggested.**

We begin taking appointments for the free **AARP Income Tax Preparations** starting this month. Please call the center for your February appointments.

SENIOR CENTER CLOSING

If there is no school in **Dracut** because of bad weather please listen to **WCAP @ 980AM** and listen for **THE DRACUT SENIOR CENTER ANNOUNCEMENT**. Tell you if the center is open or closed. If activities, classes, transportation is going on or if meals will or will not be served.

Quick Trips for January 2014

Friday-Jan.3rd...Walmart & Dracut House of Pizza

Friday-Jan.10th...Christmas Tree & Bug-a Boo Creek

Friday–Jan.17th...Rockingham Mall & Dimitriou's

Friday-Jan.24st...Kmart & Weathervane in Salem N.H.

Friday Jan.31st...Home Goods & '99' in Derry N.H.

VETERANS BREAKFAST

Tuesday Jan. 28th at 9:00am

Sponsored by the Lowell Veterans Council

All veterans and spouses are welcome to attend.

COFFEE WITH THE DIRECTOR

Thursday Jan. 30th at 10am

Dracut Senior Citizens Property Tax Work Off Program 2014

Work in a town department for 62.5 hours and receive \$500 off your property tax bill. To be eligible for this program, an applicant must be 60 years or older, a home owner or current spouse of homeowner. Resident of the town of Dracut. Occupy the property for which the taxes are paid. Be retired and not working as of Jan. 1st, 2014. The tax payer only is not receiving any other abatement or exemption from the town of Dracut. Eligibility for the program is based on income levels of the Mass State Circuit Breaker guidelines. For a single person total income cannot exceed \$55,000, for head of household \$69,000 and for filing jointly \$82,000. Apply at the DCOA, present a copy of your tax bill, the first two pages of the 2012 Federal tax return 1040. If you do not file taxes a 4506-T form will need to be complete and they are available at the COA office. All eligible applications will be placed in a lottery and applicants will be notified sometime in January 2014.

FUEL ASSISTANCE PROGRAM 2013

Annual Household Income Guidelines

Household Size	Maximum Gross Income
1	\$32,065
2	\$41,932
3	\$51,798

Families with more than 4 members, call us for gross income guidelines & to make appointment @ **978-957-2611**

Please Note: Copies of this newsletter are placed in the following locations:

Alexander's Pharmacy Inc., All Dracut Senior Housing Complexes, Bank North (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall Jeanne D'Arc Credit Union (Dracut Branch), Lucky Burner Service, Bobola's Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Pawtucketville Diner, Plaza Cleaning Center, Shaw's, St. Mary Magdalene Church, Tedeschi's (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway, Dracut, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D'Youville Parish.

